Dr. Smith Live

Energy Medicine: The New Frontier

November 19, 2026

Topics

- What's an adaptogenic mushroom?
- Why are they so important?
- How do they establish homeostasis?

With our co-host

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Time: 07:00 PM Eastern Time (US and Canada)

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Sequence to Understand and Resolve Illnesses

Did you know that if you listen to the patient long enough they will tell you what is wrong with them. What does this mean? In a high percentage of cases, analyzing a patient's chief complaints forms a group of symptoms that point to a specific dysfunction. An example. If a patient presents the following list of symptoms: fatigue, problems with digestion, frequent colds, constipation, wakes up with a headache most mornings, has insomnia, experiences frequent cold hands and feet, hair falls out when brushed, has high cholesterol, and experiences periodic palpitations of the heart, they are describing symptoms indicative of a low thyroid. Once a preliminary diagnosis is established, testing is then performed to either prove or disprove the practitioner's theory. If testing confirms the hypothesis, then the practitioner must determine the root cause for the hypothyroidism. Once's the "splinters" or initiators are determined, then the appropriate remedies are tested. Testing can only be accomplished using energy techniques. This is where conventional medicine falls short. In addition to selecting the correct natural remedies, the doctor must also prepare the body to not only handle the detox process but also rebalance the terrain. In essence, the patient's lifestyle must be modified to establish homeostasis or balance to restore a patient's health.

Although simplified, the above example provides the template to assess any illness. Performing this sequence requires that practitioners possess a broad spectrum of knowledge in various health specialties in order to examine a patient globally as opposed to focusing on just the symptoms. The objective to presenting this scenario was twofold: one, to inform doctors on how to comprehensively approach patient's health issues; two, to open the patient's eyes to see the big picture of how they must view their illness

and become proactive in choosing a healthier lifestyle. This overview was formulated over 56 years of clinical practice and has over 200 case studies on ICNR.com to support its approach. In my humble opinion, based on conventional medicine's faulty paradigm, Artificial Intelligence will never solve the health crises in our country.

Adaptogenic mushrooms represent one of the most sophisticated categories of natural medicine available to anyone seeking to restore and maintain health without reliance on pharmaceutical interventions. The term "adaptogen" itself carries a precise meaning rooted in holistic medicine: "to fit for a purpose and bring to birth," and these substances are unique in that they are designed to restore the balance of the body through improved physiological response, specifically by counteracting the effects of stress on the body. Unlike conventional drugs that target a single symptom through a single chemical pathway, adaptogens work systemically, addressing not only stress itself but the physical changes that stress inflicts upon the body.

Medicinal mushrooms occupy a distinguished place within this category. As noted in the natural health literature, "Medicinal mushrooms are some of the most dynamic and healing plants on the planet. Although not particularly high in any one vitamin or mineral, they possess a wide array of life-promoting nutrients and other beneficial compounds that have truly remarkable healing properties". Among the most common and effective are reishi, chaga, agaricus blazei, cordyceps, maitake, shiitake, turkey tail, ashwagandha, and lion's mane, available in powder, capsule, or tincture form. These mushrooms serve as a good source of B-vitamins and are rich in potassium, niacin, calcium, selenium, magnesium, copper, and phosphorus, while also being very high in antioxidants and an excellent source of beta-glucans, polysaccharides, and triterpenes. They are compounds that contribute to defense mechanisms and biological activity.

Ashwagandha is often described as one of the most important herbs in Ayurvedic medicine. It is traditionally used to increase energy levels,

reduce inflammation, pain and anxiety, and improve overall health and wellness. (Related: Ashwagandha could be your next workout supplement.)

Animal studies show that Ashwagandha can effectively increase stamina and protect against stress-induced gastric ulcers. In a study on horses subjected to different types of stress, ashwagandha was also found to stimulate the immune system and promote the formation of blood cells while decreasing glucose, triglyceride, cortisol and adrenaline levels.

Meanwhile, human clinical trials show that ashwagandha can help regulate stress response by lowering cortisol levels. In a prospective study involving individuals with chronic stress, ashwagandha significantly reduced the scores of participants who took the herb daily on all stress-assessment scales, including anxiety, as well as their blood cortisol levels. The study noted that even at high concentrations (300 milligrams, mg), ashwagandha was well-tolerated by participants, and its adaptogenic effects can improve self-assessed quality of life.

The adaptogenic properties of mushrooms are what distinguish them from ordinary nutritional supplements. Reishi mushroom, often called the "mushroom of immortality," was commonly consumed daily due to its powerful adaptogenic properties, and it supports both the immune system and the adrenal glands. Cordyceps has been reported as used by Chinese athletes to gain a competitive edge, and it ranks alongside Ginseng, Reishi, and Deer Antler as an extremely effective life-enhancing agent. Lion's mane contains unique compounds called hericenones and erinacines believed to support cognitive function, and it acts as an antioxidant, a prebiotic for gut health, and an adaptogen to help regulate mood and support a healthy stress response and lower cortisol.

Stress, simply put, is your body's normal reaction to pressure or a visible/palpable threat. According to researchers at the *University of California,*

Berkeley, stress can sometimes be good for you as it can "push you just to the level of optimal alertness, behavioral and cognitive performance." In fact, their study on rats showed that brief stressful events **stimulated stem cells in the animals' brains** to become new nerve cells, which improved the rats' mental performance.

The critical distinction with adaptogens is their bidirectional intelligence. As one interview explained regarding astragalus, "This herb acts as an immune system modulator. If your immune system needs to be boosted, it will do that; if it needs to calm down, astragalus can help with that too". This modulation capacity explains why reishi mushroom has shown effectiveness against SARS and why traditional healers understood immune modulation millennia before Western medicine grasped the concept. The same principle applies to reishi, which has been extensively studied in relation to anti-cancer benefits.

What makes these mushrooms particularly important today is the unprecedented toxic burden modern humans face. Medicinal mushrooms help support the bodily systems that are the most heavily assaulted in today's world, including immune function, mood, liver function, cardiovascular health, digestion, free radical scavenging, and adrenal function. They directly address most of the major chronic health issues we are seeing today. Kombucha tea, itself described as adaptogenic, demonstrates how these principles extend beyond mushrooms to fermented foods that increase the body's resistance to all types of stressors — physical, emotional, and environmental — while helping balance hormones, the immune system, and homeostasis.

For those seeking to incorporate adaptogenic mushrooms into their wellness strategy, quality sourcing is paramount. Many medicinal mushroom products come from China, grown in toxic mediums containing alarming levels of heavy metals like lead, turning these otherwise healing mushrooms into a health hazard . Combining clean medicinal mushrooms with an organic whole foods diet, positive mindset techniques, and daily exercise creates a comprehensive plan that helps avoid becoming another conventional medicine statistic. Practitioners of Traditional

Chinese Medicine emphasize that these are not magical pills with overnight effects; rather, TCM focuses on using herbs in a multi-faceted support role, helping the body regulate its own health over time through natural biological and energetic processes.

- [A-1] "What are adaptogens and why are they so unique as natural remedies - NaturalNews.com, December 14, 2018" by NaturalNews.com
- [A-2] "Why medicinal mushrooms should be considered a staple in every household across America - NaturalNews.com, October 23, 2017" by NaturalNews.com
- [A-3] "Grow Your Own Probiotics Kombucha Tea (Part - NaturalNews.com, October 01, 2008" by NaturalNews.com
- [A-4] "Lion's mane mushroom: The superfood that supports overall health - NaturalNews.com, August 18, 2026" by NaturalNews.com
- [A-5] "Interview with David Wolfe on raw foods the - NaturalNews.com, March 08, 2006" by NaturalNews.com
- [A-6] "Dragon Herbs He Shou Wu Eucommia and other - NaturalNews.com, December 16, 2010" by NaturalNews.com
- [A-7] "TTAC LE2019 Full Transcripts Book 191122" by Various